

December 2021

STAFF

Carie Dick, Director

Kaci Wehr, Community Engagement Coordinator

Renée Clesi, Receptionist



ARNOLD F. HABIG COMMUNITY CENTER OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

812-482-4455 • www.jasperindiana.gov

Facebook: Jasper Park and Recreation Department

Hours: Monday-Friday, 8:00am-4:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>VAN DRIVER</u> Tanya Jackson		1 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 3 Up 3 Down	2 9:00 Senior Strong 12:30 Cinch Tourney 3:00 RSVP DUE FOR CATERED MEAL	3 NO CLASS TODAY! 12:30 Pay Me	4
5 CENTER CLOSED	6 9:00 Golden Go 10:00 Senior Strong	7 9:00 Strength Equipment Demo—Exercise Room 12:30 Dominoes 2:00 Strength Equipment Demo—Exercise Room	8 8:30-10:00 Tech Assistance 12:30 Tripoley	9 9:00 Senior Strong 12:30 Rum Tourney	10 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 Penny Drop 	11
12 CENTER CLOSED	13 9:00 Golden Go 10:00 Senior Strong	14 12:30 Phase-10 12:30 Scrabble	15 12:00 CHRISTMAS LUNCHEON	16 9:00 Senior Strong 12:30 Hand & Foot	17 9:00 Chair Yoga 9:45 Beginner's Yoga 12:30 Rummikub	18
19 CENTER CLOSED	20 9:00 Golden Go 10:00 Senior Strong 12:30 TX Hold'em	21 12:00 BINGO	22 8:30-10:00 Tech Assistance 12:30 SKYJO	23 12:30 Euchre Tourney	24 CENTER CLOSED MERRY CHRISTMAS!	25
26 CENTER CLOSED	27 CENTER CLOSED	28 9:00 Golden Go 12:30 Skip-Bo 12:30 Scrabble	29 9:00 Chair Yoga 12:30 Pay Me	30 9:00 Senior Strong 12:30 Rum Tourney	31 CENTER CLOSED HAPPY NEW YEAR!	

CENTER HOURS

Monday through Friday
8:00am-4:00pm



Health and safety are top priority.
Safety precautions include:

1. Extra sanitizing protocols continue daily.
2. Please utilize the banquet room entry door to sign-in.
3. If returning books or puzzles, please return them in the designated area.
4. Be respectful with safe distancing from others.
5. We kindly request you do not rearrange tables.
6. If you are not feeling well—please STAY home.

We will continue following local and state guidelines. Therefore, please be aware that our calendar is subject to change at a moment's notice, and we will share via local news and our Facebook page.

BOOKS & PUZZLES

We have a great selection of books (Habig Room) and puzzles (Computer Room) to borrow. Please return to their designated bins.
Your generous donations have filled our shelves! We are unable to take donations at this time.

EXERCISE ROOM

Please be considerate by safely distancing from others and wiping your machine following use. Be sure to check out the new strength machine when you get the chance!

WALKING

The mulched, outside walking trail is open (1 lap = 1/3 mile). The banquet room is open for walking outside of exercise class times (25 laps = 1 mile).

ALSO AVAILABLE

- **CARD TABLES:** Available for individual groups
- **Computers/ WiFi:** Available for personal use
- **POOL, PING PONG AND BUMPER POOL TABLES:** Open in the card room downstairs
- **TECHNOLOGY ASSISTANCE:** Ryan will be available on Wednesdays, December 8th & 22nd from 8:30-10:00am.



Bingo is played in the banquet room. Cost is \$1.00 per card plus \$0.50 for two special games. We will begin collecting money at 11:30am.

*We ask you to keep bills to \$5 and under. We pay out 100% and do not have change.
(\$1 bills and quarters are very helpful!)*

CARD TOURNEYS

*Please sign-up by **10:00am** the morning of the tourney.

CINCH December 2nd

RUM December 9th & 30th

EUCHRE December 23rd

Tournaments begin at 12:30pm. Entry fee is \$1.00 and all money is distributed to 1st, 2nd & 3rd place.

CHRISTMAS LUNCHEON

The Older Americans Center will host a Christmas luncheon on **Wednesday, December 15th at 12:00pm**. Catering by Meyer will prepare roast beef in gravy, chicken 'n' dumplings, roasted potato pieces w/ olive oil, green beans, California medley, pasta salad, homestyle bread, and cobbler. Coffee or unsweetened iced tea will be provided. Door prizes will be included! Cost is \$14.00 and will be collected at the door. **Reservations are due to the Center by 3:00pm on Thursday, December 2nd.**

**If you make a reservation and cannot attend, we kindly ask that you find a replacement or pay for your meal if it is after the RSVP deadline. We can make a "to go" order if needed.*

We are asking you to please carpool as much as possible, as parking will be limited.

GAMES

*Please sign-up by **10:00am** the day you plan to play. We welcome new players!

- **DOMINOES:** The Mexican Train version will be played.
- **HAND AND FOOT:** A two-handed game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck.
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers.
- **PENNY DROP: NEW** game! A simple game luck and maybe a little strategy to get rid of all your pennies first!
- **PHASE-10:** Complete all ten phases of this fun and easy-to-learn card game before your opponents.
- **RUMMIKUB:** An enjoyable game described as a mix of Mah Jongg and Rummy.
- **SKIP-BO:** Play all the cards in your stock pile first to win a game, and earn points for winning.
- **SKYJO:** This is a simple, fun game to learn and play. Flip and exchange your cards to try to collect the least amount of points.
- **TRIOLEY:** This fun game is a mix of Hearts, Poker, and Michigan Rummy.
- **TEXAS HOLD'EM:** Who will have the lucky hand? A \$1.00 charge to play, and the winner receives the entry fees!
- **3 UP 3 DOWN: NEW** game! This fast-paced game takes a bit of strategy and plenty of luck—all the way to the end!!

EXERCISE CLASSES

- **BEGINNER'S YOGA:** In this beginner-style yoga class, we practice poses in standing, seated and prone positions. It provides an opportunity to build strength and endurance, enhance flexibility and balance and promote relaxation. *Please bring your yoga mat.
- **CHAIR YOGA:** All are welcome in this gentle yoga class. We practice poses seated in a chair and standing. It provides an opportunity to build muscular endurance and increase flexibility in a calming, peaceful manner.
- **GOLDEN GO:** This class is designed to offer a mixture of lower level chair exercises to specifically support strength, flexibility, and balance.
- **SENIOR STRONG:** For more of a challenge, this class consists of low impact aerobics and resistance exercises to boost heart health and improve strength and endurance.



NEW STRENGTH MACHINE DEMO

Are you wondering how to use the new strength machine in the exercise room?
Join Kaci on Tuesday, December 7th at 9:00am
or 2:00pm for a demonstration!



How has exercise impacted your life?

"I have a neurological disorder which makes my body and legs very weak. I walk with a rollator. I love the Habig Center... They were the best find when we retired to Jasper.

[In the exercise classes,] we work at our own pace and do only what is comfortable for us. We usually go three days a week. I feel so much better since I started the classes. Although there is nothing that can be done for my disorder, the exercises make it easier for me to keep going. The stretches really help my body."

-Connie

**shared with permission*



INCLEMENT WEATHER



If Jasper schools are on a two-hour delay or cancelled due to inclement weather, all morning activities at the Older Americans Center will be cancelled. Please call as usual for afternoon activities. Listen to WITZ or WBDC for cancellation information.

2022 NEWSLETTER

A year-long, monthly subscription of the Older Americans newsletter can be mailed to you for a small fee of \$8.00 (to cover the cost of mailing). Checks may be made payable to *Older Americans Center*. Please include your address and phone number.

The newsletter is available free of charge at www.jasperindiana.gov or for pick-up at the Older Americans Center, Meadowood, or Ferdinand's Senior Center.

MONTHLY RECIPE

No-Bake Chocolate-Peanut Butter Cookies

(Recipe courtesy of Katie Lee Biegel on the Food Network website)

Level: Easy

Yield: 30 sandwich cookies

1 cup peanut butter
60 buttery crackers, such as Ritz (2 sleeves)
2 1/2 cups milk chocolate chips
Red or green sprinkles, for decorating

Line a baking sheet with parchment. Spread a generous 1 teaspoon peanut butter onto half of the crackers and then top with the remaining crackers. Place on the prepared baking sheet and refrigerate until the peanut butter is firm, 20-30 minutes.

Put the chocolate chips in a microwave-safe bowl and microwave on medium in 15-second intervals, stirring after each interval, until melted, 1 minute 15 seconds to 1 minute 30 seconds. Use 2 forks to dip each sandwich into the melted chocolate until completely coated. If the chocolate starts to stiffen, return it to the microwave. After dipping in chocolate, decorate with red or green sprinkles.

Put the sandwich cookies back on the baking sheet. Refrigerate until firm, about 30 minutes. Store in an airtight container at room temperature for up to 1 week.



We would like to
wish you a very
Merry Christmas
and a
New Year
filled with many
blessings!

Carie, Kaci, Renee, &
the Jasper Park & Recreation
Department staff



HEALTHY HOLIDAYS

Dirty P's Garlic-Ginger Chicken Thighs

(Recipe courtesy of Guy Fieri from the Food Network Magazine)

Level: Easy

Yield: 6-8 servings

2 pounds skin-on, boneless chicken thighs
1 cup thinly sliced red onion
2 tablespoons minced garlic
2 tablespoons minced peeled ginger
1/4 cup soy sauce
1/4 cup fresh tangerine or orange juice
Freshly ground pepper
Vegetable oil, for the grill

Combine the chicken, onion, garlic, ginger, soy sauce, juice and 1 teaspoon pepper in a large resealable plastic bag. Seal and shake to coat the chicken with the marinade. Refrigerate 1 hour or overnight.

Preheat a grill to medium high and oil the grate. Grill the chicken skin side down until marked, 5-6 minutes. Flip and continue to grill until cooked through, about 5 more minutes. Let rest 5 minutes before serving.

